



County of San Bernardino Department of Public Health Nutrition Program

The County of San Bernardino, Department of Public Health, Nutrition Program envisions people motivated to make healthy food choices because they have access to a variety of competitively priced nutritious food, accurate nutrition information, and live in communities that foster health, balanced nutrition and physical activity. Our mission is to promote healthy eating and physical activity by:

- Forming alliances with the community, schools, public and private agencies, local print and broadcast media, and businesses
- Empowering families and individuals to choose and prepare nutritious foods and to be physically active.
- Providing referrals to emergency food resources to those in need of food assistance and raising community awareness about food security.

Food Security Program

The Anti Hunger/ Food Security Program goal is to increase the awareness of food security in the county and to improve the nutritional status of low-income residents by providing a telephone hotline to help hungry adults and families find available food. The program targets all agencies that provide food assistance services and low-income residents who need emergency and long-term food assistance. The program updates the Food Assistance Resource Guide annually and distributes it to community and government agencies. In addition, the program disseminates pamphlets:

- Easy, Low-Cost Meals
- How to Establish a Network of Food Assistance Providers

Better for You! Restaurant

The goal of the Better for You! (BFY) Restaurant Program is to increase the number of healthy menu selections offered at restaurants in low-income neighborhoods. Menu items that are lower in fat, cholesterol, and sodium are designated with the BFY! Logo.



To encourage participation, the Better For You! Restaurant Program provides restaurants:

- Menu makeover and nutrition analysis
- Point of purchase materials
- Customer handouts and signage with the BFY! logo



The Legacy Cookbook

Is a collection of African-American recipes submitted by local residents and modified to meet nutritional standards without sacrificing flavor. The cookbook aims to celebrate the rich history of African Americans by incorporating family stories and memories along with the recipes. The cookbook is a valuable tool that can empower residents, especially African Americans, to make better food choices. It is intended that these changes will lead to enjoyment of the ultimate soundness of mind and body.

Nutrition Program—Consultation Services

Nutrition Program provides a Registered Dietitian and Health Educator Services to departments in San Bernardino County

Child Health & Disability Prevention

A Registered Dietitian provides nutrition assessment to participants of the Child Health & Disability Prevention Program (CHDP). In addition, CHDP offers other, free preventive health examinations to children throughout San Bernardino County: screening for vision, dental and hearing, tests for diabetes and anemia. The CHDP Program is a gateway for children under 19 years of age to become enrolled in Medi-Cal and Healthy Families.

Elderly Nutrition Program, Department of Aging and Adult Service (DAAS)

A Registered Dietitian provides evaluation and guidance to ensure that standards are met for nutrition, meal service, food service operations, safety, worker training, participant nutrition screening, and participant nutrition education. The Elderly Nutrition Program aims to maintain or improve the physical, psychological, and social well being of older individuals in California by providing appropriate nutrition services to seniors in a group setting or at home.

Childhood Lead Poisoning Prevention Program

A Registered Dietitian joins a Registered Nurse to provide case management services that include nutrition education and assessment for lead burdened children. The mission of the program is to eliminate childhood lead poisoning by education the public, identifying and caring for children with lead poisoning, and preventing environment exposures to lead at no cost to the public.

Eat Better, Move More, Department of Aging and Adult Service (DAAS)

A Community Health Leader coordinates the You Can! Steps to Healthier Again Campaign, Eat Better, Move More that operates within the Department of Aging and Adult Services. The primary objective of the You Can! Campaign is to have seniors recognize the importance of eating better and moving more and help them believe that these goals are well within reach. Classes that cover a variety of nutrition and physical activity topics are provided at senior nutrition centers throughout San Bernardino County.

California State Corrections Standards Authority

A Registered Dietitian is contracted to complete the nutrition portion of the Title 15 Regulations inspection and submit the completed report to the Environmental Health Specialist within 30 days of the inspection. The Nutritionist supplies the following information for the Inspection Report:

- Menu Analysis and Summary Table
- Computer Nutrient Analysis
- Therapeutic Diet Slip Review

California Children Services

A Registered Dietitian performs nutrition case management for California Children Services (CCS). The Nutritionist qualifies patients for eligibility according to their medical condition and provides a nutrition assessment. The CCS program provides case management, diagnosis, and treatment services for children and young adults under age 21 that have severe medical conditions and are financially and residentially eligible.